

# CAGE for Screen addiction (CAGE-SA)

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1. Have you ever felt the need to **C**ut down on your \*Screen use?
2. Have you ever felt **A**nnoyed by criticism of the time you spend on a Screen?
3. Have you ever felt **G**uilty about your use of a Screen?
4. Have you ever felt the need to **E**ngage with+ a Screen just after you wake up? (**E**ye opener)

Two "yes" responses indicate that the possibility of screen addiction should be investigated further.

+ 'engage with' could be substituted with 'look at' or 'use'

## *Definitions*

\*Screens in this context are intended to mean viewers for Internet applications such as social media, games, programs, apps or other media. Screens would include devices that access the Internet such as smartphones, laptops, tablets, desktop computers.

Addiction is intended to mean a **compulsive** engagement in **rewarding** stimuli, despite adverse consequences, and involving features such as dependence, tolerance and withdrawal effects.

## *Acknowledgment*

The CAGE for screen addiction is based upon the CAGE screen for alcoholism developed in the twentieth century by Dr Ewing at the North Carolina Memorial Hospital.

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